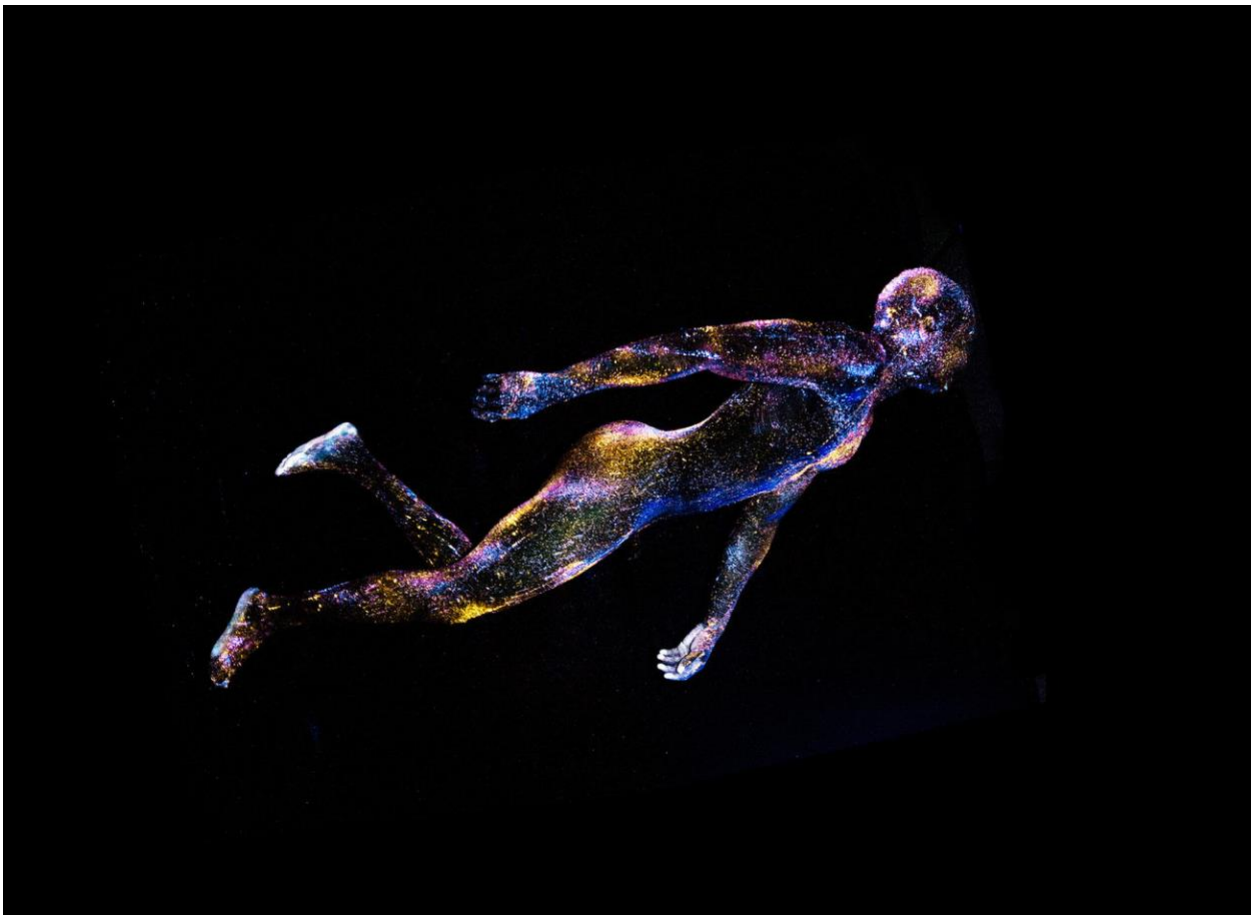
Reflections
Friday, June 12, 2020

Send good energy
I received a call from Joe Gallenberger. His wife Elena is back working with doctors who discovered a mass in her chest. Biopsies soon. Please send both of them healing energy.

Milestone
By the time you read this, we will have had 90,000 users for our free meditations. Unbelievable. That is quite a testimony to how valued our Monroe techniques are. Thank you to everyone involved with making this happen. It is truly an inspiration.

Cheryl's inspiration
Cheryl found this artwork that encapsulates the essence of Monroe. I'm going to find a way to fit it into our statement on racism. I this this art says it better than words.
It came from an NPR online story about artist Mikael Owunna.

Title: *Every Black Person Deserves to See Themselves This Way*



NPR Story

Here we all are—magnificent beings of light exploring Focus 15!

Statement on racism
I spent time on creating a statement early this week and passed it onto the board for their wisdom and advice.

Money Story
This week saw the first of a series of emails telling our money story. The results were encouraging. In the first 12 hours we saw nine people donate $1898. Our donations from June 1-12 have totals $4806. That's a great way to start the month! Thank you to everyone who made this happen.

TMI meditation
We meditated as a group this afternoon. We patterned for:

- A smooth launch of our Virtual Retreats
- So many participants being excited about our online offerings that we have waiting lists for every program
- The successful launch of our $700,000 fundraising campaign to pay for the adaptation of our programs into a digital environment.
- Successful Juneteenth peace meditation (6/19 collaboration with Peaceful Cities Project)

Here's the patterning meditation process.

- Breathe deeply and slowly to relax
- Resonant tuning to raise your energy level
- One breath technique to get to Focus 15 (or 12 if you prefer)
- Imagine the (e.g. smooth launch) as if it already happened. Sit with it for 1 minute.
- Do this three more times.
- I like to reinforce the each pattern by doing the one breath technique ahead of each one.

Come back to normal, C-1 consciousness.
Thank you to those who could join. We're on our way, building the energetic structures of our future successes.